I have been on the Indiana No Call list for over a year. I was amazed at how well it help keep unwanted calls from coming into my home. In a week we would get anywhere from 5-15 unwanted calls. Once I put our phone number on the Indiana No Call list it went down to maybe 1 a week but most weeks I receive none. If I want to do business with a company I will contact them, even if I am an existing customer. If a company wants to contact me they can us the US Postal Service.